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# THE CALIFORNIA HOMŒOPATH,

A Journal Devoted to the Interests of

*HOMŒOPATHY ON THE PACIFIC COAST.*

EDITOR,

WM. BOERICKE, M. D.

No. 834 SUTTER STREET, below Leavenworth,

SAN FRANCISCO, CALIFORNIA.

*Bindern,  
Bindern,  
Bindern.*



JANUARY 1st, 1887.

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### A CONDEMNATION OF SPECIALISM IN MEDICINE.

In his work on *Sexual Neurasthenia*, Dr. Beard wrote this condemnation of the treatment of "local" disease as now practiced by specialists:

"The body of the sensitive man is a microcosm of reflex actions, and the three great centres of reflex irritation—the family of reflex centres—are the brain, the stomach, the genital system; between these messengers of evil or of good are ever passing in sleeping and in waking hours. To touch one is to touch all. These three are literally a trinity—three in one, one in three; they cannot be isolated.

"Besides these three general centres, there are sub-centres, all of importance, all to be considered in the study of nervous diseases—the spine, the eyes, the teeth, the glans penis, the ovaries—for disease of any of these parts may cause disease of any other part.

"From this general and demonstrable and important fact, false reasoning unlimited has sought to show that *all* functional nervous diseases whatsoever come from the eye, and that right glasses are a specific for neuroses; that the removal of the ovaries is the true treatment of neurasthenic women; that all nervousness, including morbid fears and morbid impulses, must depart after surgery has cured a lacerated cervix; that the opening of a stricture opens the door of escape for every other disease that afflicts the sufferer. Disappointments increasing and beyond enumeration attend those who look only at *one* of these many centres of reflex irritation and see not the others."

---

### DANGER OF LARGE DOSES OF QUININE.

At a late meeting of the New York Clinical Society, Dr. A. A. Smith read a paper on this subject, and also one written by J. W. Wright, in which it was shown that large doses of quinine have a deleterious effect on the heart, through the nervous system. This is especially the case in typhoid fever, where, through long continued pyrexia, the heart became weak or degenerated.—*N. Y. Medical Journal*.



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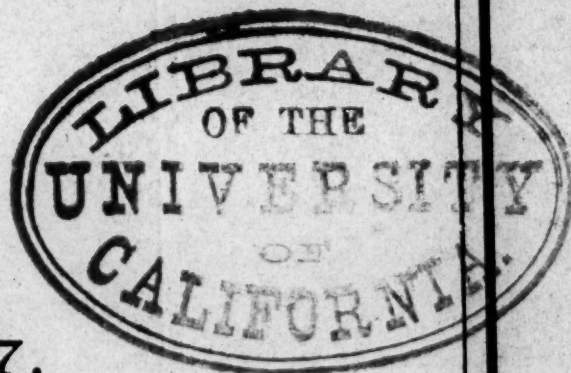
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on the Pacific Coast.

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EDITOR, - - - WM. BOERICKE, M. D.

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VOL. V.      SAN FRANCISCO, JANUARY, 1887.      No. 1.

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## EDITORIAL.

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### VOLUME FIVE.

With this number of the CALIFORNIA HOMŒOPATH begins our fifth volume. We hoped to make it a monthly instead of a bi-monthly and it is quite likely that it will soon become so. We are assured of the co-operation of some of the best writers and practioners of our school throughout the State as well as from the East, and with their aid we promise to make this new volume of our journal a true exponent of Homœopathy on this coast. As heretofore, we are not wedded to any special movement—we are not the organ of the college or hospital, but hold ourselves free to espouse and defend whatever institution best represents the spirit of our school on this coast.



### HAHNEMANN ON PALLIATIVES.

In reading that interesting book of Boenninghausen, Aphorism des Hippocrates, we came across a very interesting statement of Hahnemann which was new to us and may be so to some of our readers. It reads in the original as follows:

“Ich erkenne den grossen Nutzen der Palliative nicht. Sie sind in schnell entst ehenden, zu einem schnellen Ablaufe geneigten Zufallen nicht nur oft vollig zureichend, sondern haben sogar Vorzuege wo die Huelfe keine Stunde, kaum Minuten aufgeschoben werden darf. Hier und hier allein sind sie von Nutzen.”

Which, rendered into English, would read something like this:

“I do not fail to recognize the great utility of palliatives. They are often not only quite sufficient in cases appearing suddenly and developing rapidly; but they have advantages indeed, where aid cannot be postponed for an hour or even a minute.—Here, and here alone, are palliatives of real use.

---

### COMMENCEMENT EXERCISES.

The third annual commencement exercises of the Hahnemann College were held at Odd Fellows' Hall on the evening of November 10th. In spite of the threatening weather, at an early hour a large and fashionable audience filled the hall; hardly a vacant seat was to be found. The programme, a most excellent one, was devoid of that *ennuie* which so characterizes commencement exercises.

The address of welcome was eloquently delivered by Professor Adley H. Cummins, after which, the degree of Doctor of Medicine was conferred by Professor J. N. Eckel on the following graduates: Amy G. Bowen; M. F. Grove, M. D.; G. L. Long, M. D.; Charles G. Merrell; Mary F. Munson; Flora M. Potts; Julia F. Reid; Amanda J. Rockwell; Sidney Herbert Smith; and William Green Uttley.

An address to the graduating class then followed, by Professor S. Powell Burdick, which was attentively listened to and, at the finish, was loudly applauded.



Dr. William Simpson, President of the California State Homœopathic Medical Society, then delivered the address of the evening and for half-an-hour kept the audience in a state of combined attention and merriment, which only the best orators are able to do.

Professor Hayes C. French then gave a short and appropriate poem, which concluded the exercises of the evening.

The musical programme was a carefully selected one and finely rendered by the orchestra. It consisted of Auber's Overture from *Masaniello*; Spanish Serenade, *La Paloma*, by Missud; Beethoven's *Moonlight Sonata*, which followed Prof. Burdick's address with a most charming effect; selections from Gounod's *Faust*, which elicited much applause, and the concluding piece was *Student's Songs*, arranged by Loomis. The appreciation of the audience was well illustrated by the fact that instead of dispersing *during* the execution of the final musical selection they remained seated until the last notes were played and warmly applauded it before leaving.

The members of the Faculty and graduating class then repaired to the house of Prof. J. F. Eckel, where a sumptuous banquet awaited them, prepared by the genial Professor, where with songs, music, dancing, and other enjoyable festivities, the evening was terminated—an evening that time cannot efface from the memory of those who participated.

That the event was a grand success, and far surpassed the expectations of all interested, cannot be denied by any one.

---

#### COLLEGE NOTES.

The Alumni Society of Hahnemann Medical College held its annual meeting on the evening of November 9th, 1886, for the purpose of reorganization and the election of officers. Of the twenty-one graduates of the institution since its opening, fourteen are members of this association, and it is to be hoped the remaining seven will not delay to hand in their names to the secretary, for "in union there is strength." The following is the list of officers for the ensuing year: E. R. Ballard, M. D., '85, President; Wm. Green Uttley, M. D., '86, Vice-President; Sidney Herbert Smith, M. D., '86, Secretary; and John Townsend, M. D., '84, Treasurer.



Of the Class of '86, Dr. S. H. Smith is to take the position of Resident Surgeon at the New Homœopathic Hospital. Dr. Grove continues practice in this city at 707 McAllister Street, as before; Dr. Potts has settled in San Diego; Drs. Munson and Reid in Los Angeles; Dr. Uttley has opened an office at 724 Harrison Street, and Dr. Merrell at 2429 Mission Street; Dr. Long has located in Inyo County; Dr. Rockwell has returned to St. Louis, and Dr. Bowen to San Jose. We understand the two latter are contemplating a trip to Europe, we wish them joy.

Requests are constantly coming in for announcements, and the pen of our worthy Dean is kept busy attending to inquiries by letter. The outlook is certainly a good one for a large class for 1887. We hope shortly to see the new announcements forthcoming.

The Dispensary Clinics were never better attended by patients than they are at present. This bespeaks an improved opportunity for clinical study in the future. The Surgical Clinic of Dr. Curtis is largely attended and the Doctor is doing excellent work in his department.

There is no reason why the clinical advantages of the dispensary should not be utilized more for the students, as the dispensary is a college institution, and they should demand it as a right to be freely admitted to all clinics.

The Drug Department is under the supervision of Mr. J. G. Nellis, '88, at present, Mr. Fichtner, '87, having resigned.

The Chemical Laboratory of the Institution, through the firm of Whitehall & Tatum, New York, received recently a complete set of four ounce reagent bottles, glass stoppered. This was a much needed acquisition, and for it we are indebted to the deep interest and forethought taken in this department by our late Professor of Chemistry. D.

---

#### HAHNEMANN HOSPITAL OF SAN FRANCISCO.

The trustees of the Hahnemann College have just obtained from the Board of Supervisors the privilege to maintain a hospital within certain prescribed limits prohibited by the health laws of the city. The petition placed on file several



weeks since has now been, through much difficulty, finally passed, and places the college in a broader sphere of usefulness in associating with it an institution capable of affording a wealth of clinical material.

The building is located at No. 25 Thirteenth Street, between Mission and Howard Streets. It is a structure remarkably well-adapted for a hospital, situated but a short drive from the central points of the city and a few moments walk from the college building at 115 Haight Street.

It stands back fifty feet from the street, occupying the center of a lot three hundred feet deep by one hundred feet wide, presenting a fine sunny exposure the whole day through. The location is one peculiarly adapted for such an institution; sheltered in a warm belt of the Mission, escaping much of the evening fogs and the afternoon winds, so frequent certain seasons of the year.

The grounds around the building are nicely cultivated, with fountains, extensive lawns, and tastefully arranged beds of flowers, all of which will go a long way in making pleasant and cheerful the surroundings of the convalescent patient. The building itself is of wood, having three stores and fifteen rooms, with high ceilings and lighted by gas. The architecture presents many bay windows, and each room is supplied with a volume of sunlight and heat and admitting pure air in abundance. The lower floor provides for the kitchen and wash rooms, besides other rooms fitted up for various purposes, well equipped for extensive service.

Entering the second floor through the easterly aspect of the building, on the right we find two spacious rooms, the parlors, each provided with a bay window. Close to the parlors is the drug room, and on the left of the hall, the private room of the house physician, neatly arranged for his comfort. A little to the rear is the dining room, large, neatly papered, and sunny.

The special feature, however, of importance on this floor is the operating room, a model of fitness, having a flood of northern and eastern light afforded by this exposure, being wholly composed of windows of plate glass. A large chandelier hangs in a central position from the ceiling, providing an abundance of artificial light if required.



Close to the operating room is a smaller room, to be used for the patients immediately after operating, or one too ill to be taken to any other part of the building.

From the second floor two staircases, one in front, the other in the rear, leading to the wards and private rooms.

There are two large wards and several private rooms, besides two large bath and dressing rooms. A cupola in the central front view of the building adds much to the completion of its architectural beauty.

Thus San Francisco is now equipped with a Homœopathic Hospital that shall scatter seeds of kindness throughout the State. The profession is provided with an institution to meet her wants and the Hahnemann College shall find in it ample facilities for demonstrating its clinical material.

It is the expressed wish of the trustees that every Homœopathic physician should have the greatest liberty in sending and treating their patients therein. The house physician and surgeon, S. M. Smith, M. D., class of '86, will be in attendance to execute all details of care.

To the attainment of securing the premises for a hospital there has been encountered a galling fire of opposition, which has kept up with little intermission till the present, but the end has come and the hospital is there to stay.

It is ample and convenient enough for present wants, possessing modern improvements of health and comfort. It is believed that helping hands and generous hearts may combine to endow one or more beds for worthy patients needing care whose purse the blasts of ill fortune have emptied. Some day they shall find here suitable medical ministrations for the affliction which has deprived them of their usefulness. The Hahnemann students have always been provided with an abundance of clinical material from the College Dispensary, but now more exhaustive investigation is afforded to witness operations, their after-treatment, and the physiognomy of disease that neither books nor teachers can ever alone acquaint them.

The resident physician will be chosen from the graduates of the Hahnemann College from time to time and here will be found a rich territory to glean valuable elements of diagnosis, prognosis, and treatment.

W.



DELICACIES FOR THE SICK.—We notice that a move in the right direction has been made in New York to supply, by a lady in every way competent for the work, delicate and appetizing food, so much needed and so difficult to obtain, for the sick room. We wish some one could be found in this city who would devote herself to this useful work; and we have no doubt it would prove very remunerative. So many of our patients, abundantly able and willing to pay for just such prepared articles live at hotels and boarding-houses, where it is simply impossible to obtain the requisite time, patience, great care and other necessary requirements for getting up suitable dishes for the sick. Every physician would gladly encourage such an effort, and it would not be long before there would be a large field opened for a talent peculiarly womanly and refined; it would be an enterprise warmly commended by every member of the profession.

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## ORIGINAL ARTICLES.

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### WHAT IS HOMŒOPATHY?

ADDRESS DELIVERED BY DR. WM. SIMPSON, OF SAN JOSE, PRESIDENT OF THE CALIFORNIA STATE HOMŒOPATHIC MEDICAL SOCIETY, AT THE COMMENCEMENT EXERCISES OF THE HAHNEMANN MEDICAL COLLEGE OF SAN FRANCISCO, WEDNESDAY EVENING, NOV. 10, 1886.

When invited to address you this evening, and informed that the hall seated two thousand persons, I hesitated, and now appear before you with many of the same sensations with which these graduates will approach their first cases, pleased to think they have been chosen, not a little elated over the importance of the event, but withal trembling as to the outcome, and wondering whether they will be able to make an impressive entrance, a favorable impression, and more important still, a safe and graceful exit. The story I have to tell is to the profession more than a "twice told tale," and in presenting it I can only hope to have culled for you successfully from such sources as were at hand, not to present anything new or original. We come before you this evening as representatives of a school of medicine, if you choose to have it so, of a sect in medicine, and you have a



right to ask, nay, to demand of us the reason of our being before intrusting in our hands, or the hands of those who this evening for the first time call themselves doctors of medicine, your lives or the lives of your dear ones. You say to us, and reasonably, "you call yourselves Homœopaths and your school Homœopathic. This college has adopted and placed on its diplomas a sectarian name. Why is it? What does it mean? What is homœopathy? Oliver Wendell Holmes says 'science is excellent furniture for a physician's upper story if he has common-sense on the ground floor,' have you that common-sense on the ground-floor, and if so, have you also science and education in the upper stories?" To answer as best I may these questions and to sketch for you briefly the origin, rise, and present status of Homœopathy shall be the object of my address. Less than a hundred years ago a German physican, learned in all the science of his time, a very polyglot in his mastery of languages, laid aside a lucrative practice, preferring to earn a meagre livelihood for his large family by translating scientific works to violating his conscience by attempting or pretending to heal the sick by methods in which he had lost all faith. While translating a work on the drugs used in the practice of medicine, he was struck with the similarity of some of the symptoms attributed to the cinchona or Jesuit's bark to those of the fever for which it was considered a specific. Taking it in considerable doses, he suffered from a successive chill, fever, and sweat, closely simulating an intermittent. Without any idea of founding a new school of medicine, with the sole idea of aiding the profession which, though laid aside, he still loved and honored, he continued his researches, first haunting the libraries and ransacking old tomes for proof for or against this theory which was as yet but a faint glimmer, the promise though feeble of the day to come, then testing in himself and such of his faithful friends as would lend themselves to his scheme remedy after remedy. Finally his reason is satisfied and joyfully he resumes practice, announcing what is to-day the Homœopathic law of cure, "*Similia similibus curantur*," that the drug which will produce certain symptoms in the well will cure similar symptoms in the sick. He made no attempt to



conceal or copyright this new departure, but from time to time in what are known as his "lesser writings," for he was a voluminous writer, made known his progress again and again, urging his professional brethren to test for themselves and crying aloud, "This law can stand on its own merits, gentlemen; test it and let it stand or fall as it deserves."

To know why it failed to receive the attention it deserved and the test he demanded for it, we must remember that in Hahnemann's time the practice of medicine was very much a game of "follow my leader," and the man who dared question the authorities deserved no better fate than he who, but a short time before, was pilloried for wearing so useless a garment as a shirt. The descendants of those doctors whose professional badges were huge canes with bottles of smelling salts in the top, and one of whom in England stipulated in writing with the authorities on being appointed jail physician, that should jail fever break out his services should not be required. Their descendants, I say, still lived and vied with those whose ancestors rode on side saddles and carried immense muffs to preserve the delicacy of their hands in their fidelity to the traditions. "'Tis said by the magicians that the powers of darkness knew not for a long time that light had been created in the world, but when they discovered it, they with one accord rushed to extinguish it." So the successors of those who had "denounced chimneys as impious," and "coaches as innovations," first ignored, then set upon Hahnemann's law the stamp of truth—the malignant opposition of the dull. To this man Samuel Hahnemann, we owe the first formulation of the knowledge of the use of drugs in accordance with a fixed law. Does it detract from his fame that this law had been hinted at, and in some measure known before his time? As well say, that because steam had from time unknown lifted the cover of every boiling pot, Watt deserved no credit for the development of the engine. 'Tis for the development of this law and the directing of it into the greatest good to the greatest number, we revere Hahnemann and his teachings. His history is easily and briefly epitomized. In 1821, we see Hahnemann the quack, the pretender, driven from Leipsic by the authorities, at the instigation of the worshipful society of German apothecaries. In 1851, we see



these same authorities setting up in their public square a monument to the memory of the honored Hahnemann, the founder of the new school of medicine. But again you ask, "what is the Homœopathy of to-day?" Science is progressive, and though but eighty years have passed since the first Homœopathic *materia medica* was promulgated, things undreamed of at that time have since then been discovered. "Are you not afraid that in piling the superstructure of a system of medicine of the slender foundation of a single law, you will crush the system and its founder under so great a weight?" To this we answer, no; for there can be no advancement away from a fixed law, and we claim for our system of administering remedies, that it is governed by a fixed law, infinite in its reach, infinite in its possibilities; finite only as poor human nature is finite, limited only as the capabilities of those who administer at its altar and interpret it are limited. Half the people you meet would say, if asked, "Oh, yes; everybody knows what Homœopathy means—it means little pills." Or some of you may think of it as did a little boy in one of my families. The baby was sick, and its cries worried the little fellow so, he said: "Ma, why don't you send for the doctor?" And she answered: "I don't know; what doctor shall I send for?" Why he said: "don't you know; that doctor that comes and just gives you clear cold water." Well, little pills are a good thing in their place, and cold water is a most excellent thing in its way, but they are not all there is to Homœopathy. In 1878, it was my privilege to listen to the discussion in the New York State Homœopathic Medical Society, which resulted in the following declaration of principles:

*Resolved*, That in common with other existing associations, which have for their object investigations and other labors which may contribute to the promotion of medical science, we hereby declare, that although firmly believing the principle, "*similia similibus curantur*," to constitute the best general guide in the selection of remedies, and fully intending to carry out this principle to the best of our ability, this belief does not debar us from recognizing and making use of the results of any experience, and we shall exercise and defend the inviolate right of every educated physician, to make practical use of any established principle of medical science,



or of any therapeutical facts founded on experiments and verified by experience, so far as in his individual judgment, they shall tend to promote the welfare of those under his professional care."

Thus this society, successor and heir to the Pioneer Homœopathic Society in the United States, founded in 1834, officered by laymen of distinguished ability, of whom William Cullen Bryant was one, declares in effect that while we agree as to the law, while we recognize that the only true test of a remedy is its effect upon the healthy, yet, in the necessary imperfection of our provings, as these tests upon the healthy are called, we recognize the freedom of the individual to roam the whole field of medical experience and "take a good thing wherever he finds it, whether it comes from Samuel Hahnemann or Sambo, the African. To be a good prescriber requires close, constant, and searching study of the *Materia Medica*, and this liberty may for the young practitioner degenerate into license, but if so he will soon find himself like David in Saul's armor encumbered by its weight and be but too glad to return to his own weapons. "Why then cling to a separate name and organization? The other schools claim the same rights, why not break down the division lines and join hands, claiming only the name of physician?" Because to these many years the pioneers of our school have toiled early and late for the recognition of our law of cure, and until that law is recognized and acknowledged there can be no union. But while we emulate the zeal, the courage, the constancy, and conscientiousness of the founder of Homœopathy, let us beware of intolerance in all its forms. The most illiberal man in all the world is the illiberal who masks under the title of liberal, and the most bigoted man in all the world is the bigoted freethinker so while demanding absolute freedom of thought for ourselves let us concede the same privilege to others. If you call Dr. Oldschool a fool he will retort by calling you a knave, and though there may be a savor of truth at the bottom of both your statements, neither will be benefited by this exchange of complements and you will have made the serious if not fatal mistake of lowering yourself in your own estimation, and the doctor who would stand well in his com-



munity must stand well with himself. The true physician must of necessity be a gentleman in all that the term implies, then he needs no code of ethics to teach him his duty to his fellows, and the success of this or any other class in medicine will depend almost as largely on this as on their preliminary training, though in that training we claim, and the claim cannot be gainsaid, we are abreast with the times. Beginning without hospitals and without schools, with only here and there an adherent, without organization, and in the face of the most bitter of all opposition, ridicule, and derision, there are to-day, in these United States alone, over ten thousand Homœopathic practitioners, fifty-one hospitals, and, as I learn, one just organized in your city, under most favorable auspices, makes the number fifty-two, an asylum for the insane, with a record of cures unparalleled in the history of any similar institution, fourteen medical colleges, forty-eight dispensaries, one hundred and forty-three societies, twenty-two journals, thirty-three pharmacies, a clientelle almost numberless, and for our eminent respectability your presence with us this evening is surely sufficient guarantee. That the illtimed and unseemly bitterness of the past is dying out we have proof in the invitation something over a year ago, extended by the Boylston Medical Society of Harvard to Dr. Woesehoeft, a prominent Homœopath, to deliver an address on homœopathy before their society, and the invitation in return and response a few weeks ago before the Hahnemann Society by Dr. Bowditch, president of the Boylston Society. In his address Dr. Bowditch says, "I believe I am correct in saying that no physician of the old or regular school is taught to practice by any set maxim, rule, or principle," "we are all empirics to a greater or less degree." Compare this with what I have said of Homœopathy with its fixed law and certain test for its remedies and you will understand why the time has not yet come for us to drop our distinctive title. Dr. Bowditch in his address asks us where are our Listers and Keiths, our Virchows and Wageners, celebrated in the fields of pathology and pathological research. To this we answer, all honor to these men and their work. We study their results and teach them to our students, giving them due credit therefor, but our work



lies in a different direction. We are equally interested with them in the study of the dead body, but we are far more interested in preserving our bodies and the bodies of our patients alive, and our researches have been directed to this end. Moreover, we are young yet. With as much propriety might the Boston doctor criticize us in California because the alumni of our State University have not yet attained world-wide reputation. To such criticisms we reply, give us time, gentlemen, and though we may not outstrip, we will stride side and side with you in every field of research. The shell of conservatism is the hardest of all shells to crack and if we have made haste more slowly in other countries than in the United States it is due partly to this and partly to the fact that the young man who embraces the tenets of homœopathy must lay aside all hope of public preferment. Neither the army nor navy of this or any other country, so far as I know, is open to the graduates of our school, nor can we hope for governmental or state aid in our researches, and it is but a few years since the doors of all public hospitals, freely opened to others, were hermetically sealed to the teachers of our school. Homœopathy has had its day of rags and humiliation. It now wears the silver slippers, and in that lies its danger, and that danger is the stealing of its name for mere purposes of gain by men who know little of and care less for its tenets. I agree with Dr. Bowditch when he says, "We belong to a profession which should be raised above the plane of party strife and selfish gain." "There is that in it far above the mere desire or ability to heal the sick." "That which can soothe all regrets for the failures and disappointments of our everyday work." "It is the power of human sympathy." I also agree with the wit of the *Medical Record* when he says, "what can't be cured must be treated at the usual rates." So you see the two schools are not so far apart in some things, after all.

In presenting this subject to you I have endeavored to do so in a plain matter-of-fact way, neither wearying you with platitudes nor burdening your mind with statistics; in short, I trust we have convinced you we have "common-sense on the ground-floor" and with such an array of representatives of homœopathy on the platform you cannot fail to be satisfied there is abundance of "science in the upper stories."



## NOTES FROM A LECTURE ON STAPHISAGRIA.

By WM. BOERICKE, M. D.

This is another member of that useful botanical family, the Ranunculaceæ. The seeds are employed, from which a tincture is prepared and potencies made from this. The drug was introduced by Hahnemann, and although not ranked by him as an antipsoric, still it is more suitable to chronic than acute diseases, and its pathogenesis will repay your study. It affects powerfully the *genito-urinary organs*, and gives us a mental state that we meet with very often in diseased states here. It has a marked action, too, upon the skin and teeth, and corresponds to many of the conditions found in the scrophulous, gouty and scorbutic diatheses.

The mental state that *Staphisag.* produces and cures is one dependent on an exhausted nervous system, and corresponds perfectly with the symptoms we meet with in those whose system is run down from sexual excesses, especially when gratified in an illegitimate way—after indulgence in secret vices. We say then that *Staphis.* is the remedy for the bad effects of onanism, sexual excess and loss of vital fluids. And why is *Staphis.* the homœopathic remedy for these conditions? Because, both *Staphis.* in its provings and the organism thus run down and abused show similar symptoms. Let us see. When the human animal ceases to be guided in his conduct by the rational principle of his mind, by which alone he differs from other animals, and gives unbridled vent to his passions, he invites to himself an influx of evil and perverted life that changes the very fibres of his body from a healthful, normal state to a diseased and suffering one. Impurity in thought and word and act, moral and physical masturbation is the root of great evil and the cause of much physical suffering. This deplorable condition—this tendency to vice, is not so much a moral defect as it is the outward expression of abnormal physical states, or irritable and depleted states of the nervous system, inherited probably. I believe in the physical basis of abnormal sexual passion, and we, as physicians, must be able to rectify this, so that the poor victim can control himself. Homœopathy has great means at com-



mand for this end. *Staphisagr.* is an efficient remedy for strengthening the weakened nervous system, whose debility arises from the sexual sphere. Just look at its homœopathicity. The *Staphis.* patient is hypochondriacal—he is apathetic, taciturn, he is very uneasy about the state of his health, and sometimes has thoughts of committing suicide. Exactly the mental symptoms of the masturbator. Again, *Staphis.* has *extreme sensitiveness of feeling*, sensitive to the least impression, easily offended and hurt by what others say of him—a state of mind often found after self-abuse, sexual excess or by persistently dwelling on sexual subjects. Again, *Staphis.* produces the sunken face, blue rings under eyes, abashed look, the backache and weak legs, the relaxed organs, the nocturnal emissions followed by great prostration. These are the symptoms also of the victim of onanism, and *Staphis.* is his remedy. It will quiet the unnatural excitement so that the poor patient is not so much inclined to think on sexual subjects. It will improve his memory, strengthen his spine and brain, bringing back the buoyancy of healthy circulation and purity of mind, stop the spermatorrhœa, and thus stop the drain that weakened his system. It will remove the *physical basis* of his trouble; it will thus put him in a state of moral freedom, and now if he has any decency of soul, he will shun the vice *as a sin*.

In the female we have great sensitiveness of the sexual organs, especially when sitting (Platina). Painful and sensitive ovaries, with menses irregular, late and profuse, dark clotted. With this the peculiar mental sensitiveness also, viz: very sensitive to the least impression—the least word that seems wrong hurts her. Indignant about things done by others or herself—grieves about the consequences. Good remedy for ailments from indignation, with vexation, insults, etc. (Colocy). *Very peevish*, throws things away from her indignantly (Cin. Cham.).

HEAD. A dull feeling in the head with inability to perform any mental labor. The forehead is especially affected. Here we have this same dull feeling in a small spot, at times a sensation of a round ball, as if the brain were compressed. Again, you may have sharp burning *stitches* in various parts,



painful spots, and much sensitiveness of scalp. Notice the Staphisagria sensitiveness everywhere.

Facial neuralgia—pains from decayed teeth to eye, worse slightest pressure or contact with metallic substance, such as a spoon, knife—*it is so sensitive*.

Externally, Staphisag. has a humid, itching, fetid eruption, especially on the occiput, and characteristically, the scratching changes place of itching.

In syphilitic subjects it is indicated for the pain in bones and periosteum of cranium, with swelling and suppuration and boring pains. The ulcers are painful, secreting a thin, watery discharge. The bone is soft and easily crumbles under the probe.

EYES. Staphis. exerts a beneficial influence in weakness of the optic nerve, the eye soon tiring. It will cure the smarting pains in the eyes, coming on chiefly in the evening, and preventing the patient from reading or working by artificial light. Affections of the LIDS. Blepharitis. Margin of lids are dry, with hard lumps on their borders, and hard follicles are destroyed. Such children with Blepharitis have other symptoms of this drug. They are usually strumous, with enlarged lymphatic glands, moist eruption behind ears or on scalp, herpetic eruptions around joints, unhealthy gums, irregular appetite, cross, irritable disposition. Itching of the margin of lids. Styas, especially little, hard nodules, (chalazæ) resulting from styas. Crops of small tarsel tumors are constantly recurring. Seems never to get well. (Acts best in men after sexual excesses, over study, etc.) Syphilitic Iritis.

EARS. Stitches in ears. Hardness of hearing, with swelling of tonsils, in young persons from previous acute tonsilitis attacks. Tonsils not so large as hard. Some deafness, and unhealthy condition of the mouth and gums, eruption on edges of eye-lids, ulceration of nostrils, with scabs deep in nose, and other symptoms of a general dyscrasia. After mercury or syphilis in parents.

FACE. The facial bones are inflamed, with boring pains. Sharp, burning stitches, here as elsewhere, provoking scratching. Ulcers, scurvy, on lips and gums, bleed when touched.



Painful excrescence on inside of cheek. Mouth and tongue full of blisters (Nit. ac.). Submaxillary glands painful. Teeth turn black, crumble and decay, have black streaks across them (Kreosot.). Tearing pains in decayed teeth, shooting into ear, worse from cold drinks and touch. Dental fistula. Toothache during menses or pregnancy, sound as well as decayed teeth painful to touch of food or drink, but not from biting.

STOMACH, ETC.—Ravenous hunger, even when full of food, —thirstless,—nausea,—sensation as if stomach were hanging down relaxed, and a corresponding symptom in abdomen, a feeling of weakness as if it would drop,—wants to hold it up. Longing for fluid food, soup, milk, etc. Much flatus in abdomen, causing colic. In children, swollen abdomen with colic. The itching needlelike pain we met with in different parts is also found in region of kidneys; also in upper part of sternum and other parts of chest (stitches provoke itching). Stitches upward in back.

EXTREMITIES.—Drawing, beating, stitching pain in extremities. Pain in shoulders. Itching stitches in both axillæ. Paralytic pain in arms, forearms, fingers. Burning, itching, needlelike stitches in thumb provoking scratching. Same sensation in gluteal muscles, thighs, knees, ankles, toes. Nodosities on fingers. Crural neuralgia. It is an excellent remedy in gout, in patients advanced in years, corpulent habit, feeble circulation. In such cases we find feeble pulse, palpitation, dyspnœa on exertion (after coitus), the pains being in the smaller joints of the hands and feet, attended with much swelling and hardness. In the majority of cases, the patients suffer from some skin affection alternating with pains in joints. The soles of the feet are tender (Ant. c.) and there is much weakness of knees. Useful, too, in acute articular rheumatism, with shifting pains, in debilitated subjects, or in men who led a fast life. (Arn. Klm. Pul.)

SKIN.—After cuts from sharp instruments. (Calendula.) Useful in eczema, yellow scales, offensive, itches violently, burns after scratching, itching changes place on scratching. Herpes, warts; bad, unhealthy skin, least injury develops a troublesome sore. Humid tetter on thigh, with swelling of



inguinal glands, violent itching in bed, knotty elevations. Ulcer after Nit. ac., after mercury and Nit. ac.

The Staphisagria patient then you will find to be a person whose symptoms point to sexual excess—to self-abuse—his melancholy, his dullness of mind, his loss of memory, his dwelling on sexual subjects, his over-sensitiveness tell the story. Later on in life, after having *seen* life in some questionable aspects, he may carry with him emissions, an orchitis or syphilis, and after dosings with mercury he has his share of numerous bone pains, glandular swellings, neuralgic pain, swelling and suppuration of bones and periosteum. The whole body is weak, knees give out, limbs sore—there is no strength in him. He has arthritic swellings, ulcers in nose, mouth and gums, teeth are black, crumble and decay, and herpetic eruptions on different parts of the body, notably on scalp, behind ears, glands. These burn and itch so he can't sleep, which increases his hypochondriasis and grief at the consequences of his own folly.

If now, this afflicted Staphisagria patient has a child, by the inexorable laws of heredity, that child will bear traces of his father's physical degeneracy. The old Bible record tells that the sins of the fathers are visited on the children to the third and fourth generation. It is so. The young Staphisag. patient comes into the world weak and broken down from a syphilitic inheritance. He is subject to various forms of eruption. It may be anywhere, but especially on the head. He has *crusta lactea*, or milk crust. When the teeth appear, they begin from the first to decay. Black spots show themselves on the teeth; they crumble away or form cavities. Glands and gums swollen and painful. Such a child is fretful, peevish, exceedingly sensitive—he throws and pushes things away indignantly, even after he has asked for them.

Now this unfortunate father and child need Staphisagria. It will so influence the nutrition and nervous system as to bring about functional integrity once more, and in place of the impurity, strengthen the mind and body so as to enable them to resist the temptations when offered.

In connection with *Staphisagria* you may easily remember several drugs that are more or less similar. Its relation to *Colocynthis* has been pointed out by Dr. Hering; both



remedies follow each other well. They are similar in many of their symptoms, notably those of the mind and abdomen. Thus Colocynth has also the inclination to anger—the vexation and indignation and bad effects from these states. It is similar in colic, neuralgia, dysentery, etc. But the characteristic pains of Colocynth remain always its prominent indication. These are intense, griping, cutting, or squeezing in the intestines, coming up into the stomach and causing nausea, or down in the thighs, always *relieved by bending double*.

The humid, fetid eruption of Staphisagria is similar to that of *Clematis*, which latter has an eruption on head worse in occiput, with much itching on getting warm in bed and made much worse by washing in cold water. Here another valuable remedy comes in, which must not be forgotten, and it is *Petroleum*. It has a moist eczema, especially bad in the occiput, with falling out of the hair. It has an unhealthy skin generally, small wounds ulcerating and spreading. It has also a painful sensitiveness of the skin, worse in open air. It is to be thought of also in ailments from vexation and anger. With petroleum, however, we have frequently an *occipital headache* and *very fetid sweat in axillæ*.

*Graphites* is distinguished by its moist, scabby eruption, especially behind the ears, oozing a glutinous discharge, *It is sticky*. It is similar to Staphisagria in its action on the eyelids, and here another excellent remedy resembles both, namely, *Causticum*. The eyelids are similarly affected, but caustic. is especially indicated when there are warts, on the eyebrows, lids, or nose. It is especially suited to dark haired people.

In its action on the teeth Staphisagria is similar to *Kreosotum*. These show dark specks and begin to decay as soon as they appear. Scorbutic, spongy, and ulcerated gums.



## EPISTAXIS.

By J. M. YOUNG, M. D.

*[Read before the Alameda County Homœopathic Medical Society.]*

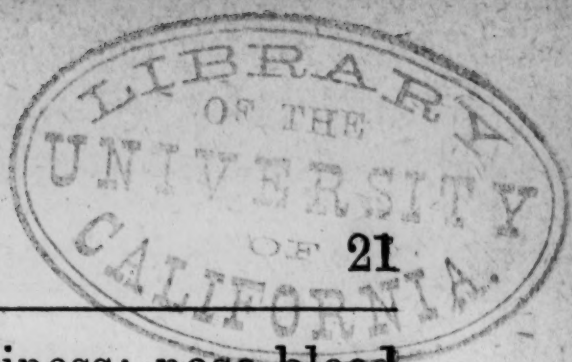
In January, 1885, Willie ———, aged 12 years, was sent by his mother to me for aid in this most distressing complaint.

About five years previously he had begun bleeding from the nose. Hemorrhages were only slight and occasional then, but had been gradually and surely increasing in intensity and frequency to the date of his application to me when the slightest provocation would cause the blood to pour from his nose. Hemorrhage sometimes red, sometimes dark. The boy was slightly stoop-shouldered, weakly, thin, very red lips, bright eyes, altogether a delicate-looking subject. Diathesis hemorrhagic. Habits sedentary. Shunned the society of boys of his own age.

In answer to my questioning he said "*anything* would make his nose bleed." I made him explain what he meant by this ambiguous "*anything*," and bade him tell me when his nose bled last. "That forenoon," was his answer. "Well, what were you doing at the time?" He let his intensive gaze rest upon me a few minutes, as though mentally debating the necessity of considering such a manifestly idiotic question, but finally blurted out, "Oh, playing on the railroad track." "Well, what were you playing at?" "We were putting pins on the rails for the cars to run over and flatten out, when a train that I didn't see rushed by on another track and scared me so I could hardly move; my nose bled badly then." "Well, how long before that did the last bleeding occur?" "Two days before I was in a livery stable and one of the horses got loose and jumped around so that I had to climb into a manger to get out of the way, and when I did get up there I could hardly hold on, my nose was bleeding so."

Further questioning evolved the fact that his mother was in the habit of going out in the evening and leaving him to "keep house," and on her return usually found him lying down trying to stop the hemorrhage. Also, he had been unable to keep up with his class at school and his teacher





would punish him for his apparent dilatoriness; nose-bleed would invariably follow. A threat to punish had a like effect. He was very feverish, irritable, and cross. Very restless, especially at night. Bowels sometimes very loose. Every hemorrhage was accompanied by profuse and debilitating sweats. He also sweat profusely at night independent of the hemorrhage. Appetite uncertain and never good. A positive disgust for meat. Was struck on the nose a long time ago by a baseball, since which time he has never felt well.

There are a certain number of remedial agents that will be suggested to every consistent homœopath by the foregoing symptoms, viz., aconite, arnica, arsenicum, carbo. veg., chin. phos.

Besides these the careless, alternating, prescriber would be "bobbing serenely around" amidst a host of other drugs. In the morning the flowers of Faith would bloom upon the flowers of sulphur. In the evening Disappointment would salve her weary quest with nux vomica. The morrow would find "hope deferred, which maketh the heart sick," seeking a similia in ipecac, and Erigeron and Hamamelis.

Rationalism would have plugged the anterior and posterior nares with pledgets of cotton, soaked in Monsel's solution, or some other styptic, put the patient on TONICS and told his parents "he'd grow out of it."

Our case suggests six remedies. A slight revision reduces the number to three, aconite, arsenicum, and arnica. None of the others have the mental symptoms or the possible causation of the case.

The mental symptoms of aconite and arsenicum are somewhat similar. Both have restlessness; one has anxiety, the other anguish. Both have fear. But only one of them has ailments that are the *result of fear*. That one is aconite. Fearfulness is its grand mental characteristic.

The fact that the boy was struck on the nose by a ball is suggestive of arnica. The mental symptoms of arnica are absent. The mental symptoms of aconite are present. There is nothing *but the mental symptoms* about the case to suggest remedial agents.



The boy is scared by a passing train — a restive horse — being left alone at night — punishment at school — a threat of punishment, etc., and immediately the debilitating hemorrhage sets in. Can you ask for a more perfect mental picture of aconite? I think not.

R. Aconite, two powders, three hours apart. After which (placebo) night and morning. Report in a few days.

I requested the boy's teachers to exercise all possible leniency toward their pupil.

From the date of the prescription the hemorrhages gradually but surely diminished. At the end of six weeks he reported, appetite and bowels normal, figure robust, countenance bright and cheerful; he joined readily in the sports of his comrades and there was an entire absence of his old-time *morbid fear*.

The hemorrhages, while very much less in frequency and volume, still troubled him. A brother physician (Dr. John Townsend, of San Francisco), to whom I related the case and my treatment, and who saw and questioned the boy about this time, suggested arnica, in view of the blow from the ball my patient had received. I did so, and for a month after the boy had but two hemorrhages. Since that time he has been to my office three or four times to report slight hemorrhages; he has received a dose of arnica (dry on the tongue) each time. It is now over six months since he had a hemorrhage. He is CURED. Cured by the exhibition of remedial agents selected in consonance with the God-ordained law of *similia similibus curantur*.

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## SELECTIONS.

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### AS OTHERS SEE US.

Our brethren in San Francisco are as energetic, enthusiastic, and hospitable a lot of Homœopathic doctors as it has ever been our good fortune to meet with in one place. There is talent there in plenty, and the Hahnemann College, whose



present is a gratifying success, and whose future is an assured fact, is affording ample opportunity for its development. Modesty and carefulness hold prominent places in the front rank of their movements in the interest of the School, but these are backed by an abundance of sound judgment, of honesty of purpose, and of purity of motive, and a warmth of interest and a growing enthusiasm are gradually but surely leading them on to a high degree of success in college work. As in every large city whose number of doctors outsizes the positions on college faculties, there are the "outs" and the "ins," and it cannot be said that everything in Homœopathy in San Francisco runs smoothly as a marriage bell. There is a little creaking—and, we might say, a little "croaking"—here and there, that needs the oil of brotherly love; but this is not more marked, perhaps, than in every other college city, and the little opposition the Hahnemann College of the Pacific coast is receiving, in our own school, is only tending to thoroughly cement in bonds stronger than those that have hitherto bound them, the faculty and their friends.

In company with the Dean, we visited the college, and were agreeably surprised at the progress which has been made within the period of three years of its existence. A class of above forty were in attendance, and we can say that it averaged better than any we have ever seen gathered together, in point of intelligent appearance, good deportment, studiousness of habit, and evident interest to do the work before them in a manner best calculated to redound to their individual interest. The students have evidently partaken of the interest and earnestness of the faculty, and all are working together in a manner highly creditable to the institution.

Several excellent clinics have been established, and good work for humanity and Homœopathy is the natural result. In its dispensary work the college is sowing seed which will undoubtedly bring forth fruit, and good fruit, in due season.

After a careful survey of the whole field, and the gathering of all the information obtainable, from friend and foe, the candid opinion obtains that the Homœopathic College of San Francisco is on a sure, permanent, and substantial basis, doing business in an upright and honorable way, and that it has



come to stay, and to do a good and grand work for Homœopathy on our Western Coast. THE SOUTHERN JOURNAL OF HOMŒOPATHY wishes it God-speed, and hopes to live long enough to point back with pride and pleasure to its "I told you so" of to-day.—*Southern Journal of Homœopathy*.

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### THE PAINS OF PREGNANCY.

It is now generally known, since Braxton Hicks called attention to the fact, that there occurs constantly, during pregnancy, an intermittent contraction of the uterus which can be distinctly felt at intervals of about ten minutes, as soon as the organ becomes easily palpable through the abdominal walls. So constant indeed is this phenomenon that Playfair assigns to it a high place among the diagnostic signs of pregnancy. Some recent observations made by SCHATZ, of Rostock, show, moreover, that for a period of about twenty-four hours, at a certain time, sometimes four weeks, more frequently three weeks before true labor begins, these contractions become exaggerated to such a degree as closely to resemble the pains of labor; they occur, at first, once in the half-hour, gradually increasing, however, in frequency, until, finally, they recur every three minutes; from this maximum point their frequency decreases, and they are gradually merged again in the normal intermittent uterine contractions. The force exerted by this muscular contraction is sufficient to dilate the os, often as much as a centimeter or more, so that a careful observer might be led to suppose that true labor had begun.

These observations of Schatz might be of considerable practical importance, should it be desired to bring on labor a few weeks before the normal time, without resorting to operative interference, for it is well known that certain drugs—notably ergot, gossipum, and pilocarpin—while unable to produce uterine contractions, can much increase their force when they have once begun, so that, as soon as these pains of pregnancy have become well established, the administration of such remedies might be begun with some hope of converting the false into the true labor pains.



## Personal Notes, Locations, Etc.

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THE third annual meeting of the Southern Hom. Med. Association was held in New Orleans, December 8, 9 and 10, under the chairmanship of Dr. A. L. Monroe. Among the papers presented were, "Gunshot wounds of the spine," by C. E. FISHER, M. D.; "Excision of the Mammary Gland," by W. E. GREEN, M. D.; "Erysipelas," by W. H. HARRISON, M. D., etc. DR. F. H. ORME, President of the American Institute of Hom. was present at the meeting.

DR. FRANK H. THOMAS, formerly of San Francisco, is at present in Vienna—enviable man—where he is studying many things, ophthalmology as practiced by the German oculists among the rest.

DR. I. DOCKING has returned to his old home in Oakland, No. 821 Washington street, where he is ready to receive patients and friends.

DR. R. H. CURTIS has returned to San Francisco and resumed his practice. His address is 931 Post street.

THE new Licentiates of the Board of Examiners of the Cal. State Homœop. Society are AMY G. BOWEN, M. D.; WM. G. UTLEY, M. D.; S. H. SMITH, M. D.; CH. G. MERRELL, M. D.—Hahnemann College of San Francisco, 1886; GEO. R. SHAW, M. D., San Buenaventura; HENRY C. HINKLE, M. D., San Francisco; F. P. HOY, M. D. and H. C. JESSEN, M. D., Los Angeles; W. H. STILES, M. D., San Bernardino; LE ROY W. HEATH, M. D., San Diego; C. C. SHERMAN, M. D., Riverside, and GEO. E. DAVIS, San Francisco. Licenses granted December 9th.

DR. THOMAS M. DILLINGHAM of Boston, paid us a passing visit on his way to the southern part of the State to spend the winter. The Doctor is a true Hahnemannian and our only regret was that he could not remain longer with us.

DR. FRANK C. SANBORN, formerly of Rutland, Vermont, is one of the latest arrivals to this Coast. The Doctor contemplates settling at Galt. We understand this to be a good field and wish him the success he deserves.

J. D. CHAFFEE, who has been in San Francisco for six months past, prosecuting his medical studies, and who has been very near death's door since his return, is much better, and hopes are entertained of his speedy recovery.—*Los Angeles Mirror.*



## NEW PUBLICATIONS.

**Therapeutic Methods. An Outline of Principles Observed in the Art of Healing.** By J. P. DAKE, M. D. Boston and Providence: Otis Clapp & Son. 1886.

A most perfect bit of bookmaking, so far as the publishers' work is concerned. The large type, wide margins, and beautifully toned paper ensure a reading of the volume, even were one unacquainted with the reputation of its author as an independent thinker and forcible writer. As it is, every page is interesting reading, and whether its author gives a brief historic review of medicine from Hippocrates to Hahnemann, or explains and illustrates the Institutes of Homœopathy, he is alike clear and concise, giving us a volume of very enjoyable reading. The book ought to find its way into the library of every physician, and be a text book on Institutes in our colleges.

**A Laboratory Guide in Urinalysis and Toxicology.** By R. A. WITTHAUS, A. M., M. D., Professor of Chemistry in the University of N. Y. and University of Vermont, etc. New York: Wm. Wood & Co. 1886.

Another ideal student's manual. Arranged to be carried in the pocket with a blank page following each printed page—its numbered paragraphs and clear, concise and accurate statements—it fills a want felt not only by medical students but also the busy practitioner, by whom it will be welcomed and used every day. For sale in S. F. by Wm. S. Dunscombe & Co.

**Rheumatism. Its Nature, its Pathology and its Successful Treatment.** By T. J. MACLAGAN, M. D. New York: Wm. Wood & Co. 1886.

**A Treatise on Electrolysis and its Applications to Therapeutical and Surgical Treatment in Disease.** By ROBT. AMORY, A. M., M. D. New York: Wm. Wood & Co. 1886.

These two volumes form the August and September numbers of Wood's Library of Standard Medical Authors, and they both are most practical and alone worth the year's subscription. Dr. Amory's work will be a valuable guide to rational and scientific application of Electricity to diseased conditions, and thus lead to results less empirical than is so often the case. The book introduces the student to the consideration of the principles of physics as applied to Electrolysis, and afterwards presents their application in the treatment of diseases. Being thus necessarily elementary, it is especially adapted to the general practitioner and student to whom we can very cordially recommend its study.

Of the usefulness of Dr. MacLagan's work we can speak even more confidently. A special work on Rheumatism, treating of its pathology and treatment, is a subject that every general practitioner must be interested in. The author discusses the different theories relating to Rheumatism—the miasmatic theory, the lactic acid theory, the malarial theory, etc., its connection with



Chorea—and enters fully into the mode of action of the Salicyl compounds in the treatment of this disease. The medicinal treatment is really limited to this one class of remedies. We should have been glad to have seen incorporated in the treatment of Inflammatory Rheumatism the use of Propylamin, which certainly has very marked effects and a good deal of valuable clinical evidence in its favor. Both volumes to be obtained with the rest of the set from Wm. S. Dunscombe & Co., San Francisco.

**The Decalogue of the Nursery.** By J. S. DONALDSON, M. D. Boston: Otis Clapp & Son. 1886.

This is the most perfect little volume on the domestic treatment of diseases of children with which we are familiar, giving just enough of indications for the use of remedies to serve as a guide rather than confuse, as is the case with most similar publications. Its chief excellency consists in really wise directions for the rational management of the ordinary troubles of infancy and childhood. Every homœopathic family should possess it and be guided by its instructions.

#### PAMPHLETS RECEIVED.

**Inter-State Notification.** Its Principle as Demonstrated in the History of Yellow Fever at Biloxi, Miss.

**Conference of the American Shipping and Industrial League, held at Pensacola, Fla., Nov. 10, 1886.** Address on Relation of Quarantine to Shipping Interests. By Jos. HOLT, M. D., President of Board of Health, State of Louisiana.

**Annual Report of the Commissioner of Pensions, Washington.** 1886.

**The Surgery of the Pancreas, as Based Upon Experiments and Clinical Researches.** By N. SINN, M. D. Philadelphia: Wm. J. Dornan. 1886.

**Certain Hereditary and Psychical Phenomena in Inebriety.** By T. D. CROTHERS, M. D.

**Papula Neonatorum, a Guide to the Feeding of Infants..** By GEO. B. PECK, A. M., M. D.

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TREAT your cases of acute prostatitis with hot-water compresses and hot-water enemata; pain is almost instantly diminished and resolution sets in.

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FOR chronic diarrhoea, with feeling of weakness in abdomen, try petroleum.



## *Popular Department.*

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### PREMATURE OLD AGE.

#### PRECAUTIONS WHICH MAY BE TAKEN TO AVOID IT.

The following good advice is given by Dr. Benjamin Ward Richardson: The rules for the prevention of senile disease are all personal. They should begin in youth. It should be a rule among grown-up persons never to subject children to mental shocks and unnecessary griefs. When, in the surrounding of the child life, some grave calamity has occurred, it is best to make the event as light as possible to the child, and certainly to avoid thrilling it with sights and details which stir it to the utmost, and in the end only leave upon the mind and heart incurable wounds and oppressions. Children should never be taken to funerals nor to sights that cause a sense of fear and dread combined with great grief, nor to sights which call forth pain and agony in man or in the lower animals.

To avoid premature old age in mature life, the following are important points to remember:

Grief anticipates age. Dwelling on the inevitable past, forming vain hypotheses as to what might have been if this or that had not been, acquiring a craze for recounting what has occurred—these acts do more harm to future health and effort than many things connected with real calamity. Occupation and new pursuits are the best preventitives for mental shock and bereavement.

Hate anticipates age. Hate keeps the heart always at full tension. It gives rise to oppression of the brain and senses. It confuses the whole man. It robs the stomach of nervous power, and digestion being impaired, the failure of life begins at once. Those, therefore, who are born with this passion—and a good many, I fear, are—should give it up.

Jealousy anticipates age. The facial expression of jealousy is old age, in however young a face it may be cast. Jeal-



ousy preys upon and kills the heart. So jealous men are not only unhappy, but broken-hearted and live short lives. I have never known a man of jealous nature live anything like a long life or a useful life. The prevention of jealousy is diversion of mind toward useful and unselfish work.

Unchastity anticipates age. Everything that interferes with chastity favors vital deterioration, while the grosser departures from chastity, leading to specific and hereditary disease, are certain causes of organic degeneration and premature old age. Thus chastity is preventitive of senile decay.

Intemperance anticipates age. The more the social causes of mental and physical organic diseases are investigated, the more closely the origin of degenerative organic changes leading to premature deterioration and decay are questioned, the more closely does it come out that intemperance, often not suspected by the person himself who is implicated in it, so subtle is its influence, is at the root of the evil.

When old age has really commenced, its march toward final decay is best delayed by attention to those rules of conservation by which life is sustained with the least friction and the least waste.

The prime rules for this purpose are:

To subsist on light but nutritious diet, with milk as the standard food, but varied according to season.

To take food in moderate quantity four times in the day, including a light meal before going to bed.

To clothe warmly but lightly, so as that the body may in all seasons maintain its equal temperature.

To keep the body in fair exercise and the mind active and cheerful.

To maintain an interest in what is going on in the world, and to take part in reasonable labors and pleasures, as though old age was not present.

To take plenty of sleep during sleeping hours. To spend nine hours in bed at the least, and to take care during cold weather that the temperature of the bedroom is maintained at 60 degrees Fahrenheit.

To avoid passion, excitement and luxury.

—*Insurance Chronicle.*



## THE MERCURIUS PREPARATIONS.

MANY laymen are bewildered by the different preparations of Mercurius, recommended in the manuals and used by Homœopathic physicians. Briefly, the following are the principal ones and their especial uses. Whenever *Mercurius* alone is mentioned, *Mercurius vivus* is understood. There is no difference in action between this and *Mercur. solubilis*. This latter is a special preparation introduced by Hahnemann, but both are used indiscriminately. Thus, then, whenever your books speak either by *Mercur. solubilis* or of *vivus*, or again simply as *Mercurius*, the same preparation is understood—namely, the ordinary quicksilver (*Mercurius*), Homœopathically prepared. The quicksilver, either the pure chemical or Hahnemann's preparation of it is taken and triturated for several hours with sugar of milk, in the proportion of one part of *Mercurius* to 99 parts of sugar of milk. This gives the *first* trituration a preparation entirely too strong for family use. The second trituration is made by taking one part of this *first* and other 99 parts of sugar of milk and triturating *it* one hour at least, and finally a third trituration is made from the second. This third is the preparation to use for all ordinary purposes, if you desire to use the powder form. The dose would be as much as will lie on a nickel, or about the size of a pea. From this preparation solutions are made, and pellets are saturated with these. For domestic practice these latter, when properly prepared, are always to be preferred, especially when giving the medicine to children.

Besides the ordinary *Mercurius*, which is used for glandular troubles, mumps, quinsy, sore throat, thrush, ulcers, diarrhœa, dysentery, toothache, discharges, etc., etc., there are the following special preparations for special purposes.

*Mercur. sublimatus corr.* The corrosive sublimate, which is very powerful, and ought never be used lower than the third preparation in powder—or better still, the sixth, in pellets. It is used for *Dysentery*, stools of blood and mucus.

*Mercur. Jodatus.* Of the Iodide there are several preparations again, but only two of interest to laymen. These are



the *Mercur. bijodatus*, or, as it is also called, *Mercur, jod. ruber*. This is used for ulcerated sore throat. As generally used, it is a pink powder, and very popular. The 3 x Trituration is the best. Another similar preparation is the

*Mercur. protiod*, or *jodat. flavus*. It, too, is used for ulcerated sore throat—especially when the tongue is heavily coated at the base. The 3 x trituration is the proper preparation, although many prefer the second, which is very strong and ought to be protected from the light, as it decomposes this preparation and makes it valueless as a remedy.

Then there is recently introduced

*Mercur. cyanuret*, which is used for diphtheria.

*Mercur. dulcis*. The ordinary calomel, not used so much by Homœopathists as in the old school. But it is a valuable remedy at times in diarrhœa of children.

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### THE MODERN UTERUS.

Our mothers never knew that they had such things as wombs, only as they were reminded of it by the struggles of a child in it, and, by the by, if a foetus accidentally got there, they always held on to it until nine months, when they were compelled to give it up. But, it seems that in these days, young women can't get along without having their womb set, braced, scraped, slashed, cut, scarified, skewered, cauterized, and the Lord knows what else, and if a baby manages to find a lodgment there, it is teased with a knitting-needle until it gladly leaves its abode for more satisfactory quarters.

The womb is a little harmless organ stowed away in a very secluded place, but in these days we have a class of men who are known as gynæcologists, who make this organ their special study, and the modern woman has loaned her uterus to these men for the good of science. It is awful easy to introduce a speculum and pretend to discover something, but possibly it would be better to regard the uterus in its old light.—*Mass. Eclectic Med. Jour.*



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SOME REMEDIES FOR HÆMORRHOIDS, OR PILES.

*Hamamelis.* Bleeding piles: Locally a lotion of *Hamamelis*, mother tincture, 30 drops to half-pint of water, with which the parts should be bathed night and morning, and at night a piece of lint, dipped in this lotion, to be placed on the tumor, or just inside the orifice.

*Collinsonia.* Piles with constipation from inertia of the rectum, especially when connected with uterine disorders or pregnancy; piles bleed but only with great pressure. Take a dose every 4 hours.

*Muriatic acid.* When there is much burning pain, and when piles are *very sensitive*—very painful to all contact, also bleeding at stool and much itching of the anus.

*Nux.* Useful when constipation is present—colic after suppression of an habitual hæmorrhoidal discharge; much urging at stool—in patients who use much coffee, tobacco, spices, and are fond of high living, and who lead a sedentary life—brain workers. It is well to follow with *Sulphur*, in chronic cases—a dose every morning for a week; then stop for a week, and so on.

*Fluoric acid.* After all acute symptoms have passed, and only an insensitive swelling remains. Use the 30th potency—a dose night and morning.

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WE see it stated that there are four plans for reducing obesity. 1st, the eating of nothing containing starch, sugar or fat, which is the Banting system. 2d, the eating of fat, but not sugar or starch, called the German Banting. 3d, wearing only wool, and sleeping in flannel blankets instead of sheets, the Munich system. 4th, not eating and drinking at the same time, or rather, within a couple of hours, the Schweninger system. There is another system which I think is better than any of these; it is to simply eat what agrees with you, in such moderate quantities that your flesh will reduce, say, a pound a week. This may not tickle the fancy like some of the above, but it is the best of anti-fat means. It will operate perfectly with a man or a horse. You can easily reduce a horse from 1,200 to 1,000, or a man from 200 to 160.